

# News

## School Nurse and School Health Services

Iowa Department of Education

August 2009

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### 2009 Flu and Novel Influenza A (H1N1)

*Preparing for the Flu (Including 2009 H1N1 Flu) A Communication Toolkit for Schools (Grades K-12)*, released by the Center for Disease Control and Prevention (CDC) provides basic information and resources to help schools implement recommended responses to influenza. The toolkit is available at <http://www.cdc.gov/h1n1flu/schools/> The definition of Influenza-like illness (ILI) is fever (oral 100°F or greater), and cough, and/or sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue in the absence of a KNOWN cause other than influenza. Seasonal and Novel H1N1 Flu: A Guide for Parents is available at [http://www.cdc.gov/flu/professionals/flugallery/2009-10/parents\\_guide.htm](http://www.cdc.gov/flu/professionals/flugallery/2009-10/parents_guide.htm)

Please continually check for the influenza like illnesses (ILI) updates at CDC- <http://www.cdc.gov> and Iowa Department of Public Health - <http://www.idph.state.ia.us>

### FLU Resources

- **Soon materials and resources will be available on an IDPH website. You may alter the materials to fit your student population, for example, change child to student to fit middle and high school students.**
- The U.S. Department of Education. *Preparing for the Flu: Department of Education Recommendations to Ensure the Continuity of Learning for Schools (K-12) during Extended Student Absence or School Dismissal, questions and answers, and flu school guidance.* <http://www.ed.gov/admins/lead/safety/emergencyplan/pandemic/index.html>
- CDC Flu social media. Buttons, badges, and more. <http://www.cdc.gov/SocialMedia/Campaigns/H1N1/>
- CDC Seasonal flu and vaccine information and links to vaccine information statements <http://www.cdc.gov/flu/protect/keyfacts.htm>
- **Face masks.** General Use of Face-Masks and Respirators to Prevent Influenza, May 2009 [http://www.idph.state.ia.us/h1n1/common/pdf/h1n1\\_guidelines\\_on\\_masks\\_respirators.pdf](http://www.idph.state.ia.us/h1n1/common/pdf/h1n1_guidelines_on_masks_respirators.pdf)  
Interim Recommendations for Facemask and Respirator use to reduce influenza transmission, August 2009 <http://www.cdc.gov/h1n1flu/masks.htm>

### Iowa Influenza Surveillance Network (IISN)

The IISN is actively recruiting school sites to conduct influenza surveillance this fall. The arrival of the flu season has caused great concern about the health of Iowa's school-age children. In addition, there are four seasonal influenza strains with the potential to cause illness this fall and winter. Therefore, influenza surveillance is extremely important this year! School surveillance coordinators track and report the following weekly:

- Number of students enrolled
- Number of students absent due to illness
- Number of days school was in session

The web-based survey tool allows data entry every Tuesday. Data tracking is by buildings and you may report data for multiple buildings. Surveillance will start the week of Labor Day, September 7 and the first date data will be due is September 15. If you are interested in participating in the IISN, please send your name, school name, phone number, email address and you will receive follow-up instructions. Send to Meghan L. Harris, MPH, CPM, Epidemiologist, Iowa Influenza Surveillance Network, Coordinator, Center for Acute Disease Epidemiology, Iowa Department of Public Health, Phone 515-281-7134, Fax 515-281-5698, email [MHarris@idph.state.ia.us](mailto:MHarris@idph.state.ia.us), <http://www.idph.state.ia.us/adper/iisn.asp>

**Also, continue to report 10% or more school absences on reporting form.** Access the form at the bottom of the above link or [http://www.idph.state.ia.us/adper/common/pdf/iowa\\_school\\_absenteeism.pdf](http://www.idph.state.ia.us/adper/common/pdf/iowa_school_absenteeism.pdf)

## CDC Guidance on Decision to Dismiss School due to Influenza

The Centers for Disease Control and Prevention (CDC) guidance for K-12 schools states:

*"The decision to dismiss student should be made locally and should balance the goal of reducing the number of people who become seriously ill or die from influenza with the goal of minimizing social disruption and safety risks to children sometimes associated with school dismissal. Based on the experience and knowledge gained in jurisdictions that had large outbreaks, the potential benefits of preemptively dismissing students from school are often outweighed by negative consequences, including students being left home alone, health workers missing shifts when they must stay home with their children, students missing meals, and interruption of students' education. Still, although the situation in fall is unpredictable, more communities may be affected, reflecting wider transmission."*  
<http://www.cdc.gov/h1n1flu/schools/technicalreport.htm>

In preparation for the possibility of school dismissals, the CDC and the U.S. Department of Education have established an online form to report influenza-related U.S. school and school district dismissals. Iowa schools are requested fill out the form, and submit via email or print and FAX through the CDC reporting online at [http://www.cdc.gov/h1n1flu/schools/dismissal\\_form/](http://www.cdc.gov/h1n1flu/schools/dismissal_form/) Note: If an entire school district (public or nonpublic) is dismissing all students, provide only the name of the school district. It is not necessary to list all the individual schools (attendance centers) in the school district. If a single school (attendance center) is dismissing all students, provide the name of that school (attendance center). If multiple schools, but not all schools in the school district, are dismissing all students, complete a separate form for each school (attendance center). **School districts are asked to designate a person who will be responsible for reporting to the system should the need to dismiss schools arise.**

## Head Lice Consumer Update from Food and Drug Administration (FDA)

April 2009, FDA approved a new prescription medication for the treatment of head lice. Ulesfia (benzyl alcohol) Lotion, 5%, is approved for use in children 6 months of age and older. This drug is the first FDA-approved head lice product with benzyl alcohol as the active ingredient. The lotion kills lice and not nits, so needs a second treatment to kill lice that have hatched since the first treatment. The update includes research findings, steps for safe use, and heading off head lice. The consumer update on head lice is available at <http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM173526.pdf> Iowa guidelines, Department of Public Health Epi Manual, other section, lice at [http://www.idph.state.ia.us/idph\\_universalhelp/main.aspx?system=IdphEpiManual](http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual) Centers for Disease Control and Prevention (CDC) information at <http://www.cdc.gov/lice/head>

## School Nurse Statement of Professional Recognition (SPR)

The School Nurse SPR from the Board of Educational Examiners (BOEE) now requires renewal application every 5 years (last day of birthday month), \$85 fee, updated license copy with expiration date, and documentation of child and dependent adult abuse training no older than 5 years. Renewal form and search for expiration date available on the BOEE website <http://www.iowa.gov/boee/> <http://www.iowa.gov/boee/spr.html> and search [http://www.iowa.gov/boee/search\\_warn.html](http://www.iowa.gov/boee/search_warn.html) Iowa Administrative Code effective 2/18/09, 282 IAC 16, 16.3 School Nurse, 16.7 Special Education Nurse.

## Iowa Core Curriculum K-2, 6-8, 9-11

Iowa joins 49 states in a common core standards initiative. The purpose of the core standards, the Iowa Core Curriculum, is to guide schools in delivering challenging and meaningful instructional content to all students. The curriculum identifies essential concepts and skill sets for literacy, mathematics, science and social studies, and 21st century learning skills (civic literacy, financial literacy, technology literacy, **health literacy** and employability skills). An example of the health literacy 21st century learning skills is, 'Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society,' in K-2, 6-8, and 9-12. More information available at <http://www.corecurriculum.iowa.gov/Home.aspx>

## Iowa School Health Profiles 2008

The Iowa Department of Education HIV/AIDS Education Program, cooperative agreement with the Division of Adolescent and School Health (DASH), provides assistance to strengthen comprehensive school health education to prevent human immunodeficiency virus (HIV) infection, other sexually transmitted diseases (STDs), and promote healthy behaviors and attitudes. The School Health Profiles (SHP) is a survey, every 2 years, of two questionnaires, one for school principals and one for lead health education teachers. The questionnaires, mailed to a random sample of 350 secondary schools, resulted in an effective sample size of 348 schools. A

summary and the final report are available at

[http://www.iowa.gov/educate/index.php?option=com\\_content&task=view&id=1640&Itemid=2451#HIV/AID](http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=1640&Itemid=2451#HIV/AID)

The survey provides valuable information for school nurses on *Asthma: Action Plans, Education, Professional Development*.

**Action Plans responses from principals:**

- Indicated their schools had asthma action plans on file for most or all students (67%);
- for students with poorly controlled asthma, most principals indicated they ensured access to:
  - (1) Safe, enjoyable physical education and activity (91%),
  - (2) Preventive medications before physical activity (89%),
  - (3) Appropriate use of asthma medications, spacers, and peak flow meters at their schools (84%), and
  - (4) Self-administration of asthma medication in school 69%.

**Education and Professional Development responses from lead health education teachers:**

- Tried to increase knowledge of students about asthma (37%);
- indicated they received professional development in asthma awareness during the past two years (9%); and
- Indicated they would like to receive such development (54%).

Implications for school nurses include; Ensure students with asthma have an asthma action plan, communicate with the principal about the asthma action plans, distribute information to staff on student self-administration of asthma medication with proper documentation, and provide asthma education for teachers. Asthma action plan available at [http://www.idph.state.ia.us/hpcdp/common/pdf/asthma/asthma\\_action\\_plan.pdf](http://www.idph.state.ia.us/hpcdp/common/pdf/asthma/asthma_action_plan.pdf) A tool to evaluate an asthma action plan is available at [http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth\\_act\\_plan\\_frm.pdf](http://www.nhlbi.nih.gov/health/prof/lung/asthma/asth_act_plan_frm.pdf)

## **Tdap-Tetanus, diphtheria, and pertussis vaccine**

The Advisory Committee on Immunization Practices (ACIP) adult Tdap recommendations follow:

- 1) Adults 19-64 years should receive a single dose of Tdap to replace tetanus and diphtheria toxoids vaccine (Td) for booster immunization against tetanus, diphtheria, and pertussis if they received their last dose of Td more than 10 years earlier and they have not previously received Tdap;
- 2) Intervals shorter than 10 years since the last Td may be used for booster protection against pertussis;
- 3) Adults who have or who anticipate having close contact with an infant less than 12 months old (e.g., parents, grandparents less than 65 years old, child-care providers, and health-care personnel) should receive a single dose of Tdap to reduce the risk for transmitting pertussis. A suggested interval is as short as 2 years from the last Td and a shorter intervals can be used. When possible, women should receive Tdap before becoming pregnant. Women who have not previously received Tdap should receive a dose of Tdap in the immediate postpartum period; and
- 4) Health-care personnel who work in hospitals or ambulatory care setting and have direct patient contact should receive a single dose of Tdap as soon as feasible if they have not previously received Tap. A recommended interval is as short as 2 years from the last dose of Td; shorter intervals may be used.

Source: Summary, **MMWR, Recommendations and Reports, Preventing Tetanus, Diphtheria, and Pertussis among adults: Use of Tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine, Recommendations of the ACIP, supported by the Healthcare infection control practices advisory committee (HICPAC), for use if Tdap among health-care personnel**. December 15, 2006, Vol. 55, No. RR-17. Center for Disease Control and Prevention, U.S. Department of Health and Human Services, Atlanta, GA 30333.  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5517a1.htm>

## **2009 Iowa Legislation**

The 2008-2009 Legislature focused on the State Budget. The Department of Education provided a letter listing new legislation impacting the schools in the July 2009 School Leader Update (SLU) at <http://www.iowa.gov/educate>

### **Governor's Council on Physical Fitness and Nutrition**

The Iowa Legislature created the Governor's Council on Physical Fitness and Nutrition and directed the creation of a Governor's Fitness Challenge. The Challenge will build on Live Healthy Iowa Kids initiative, adding nutrition to physical activity tracking. Curriculum and other supplemental resources will be available this year on request and additional information will be on the Live Healthy, Iowa Kids, and Governor's Council websites. 2009 Healthy Iowa/Iowa Governor's Council on Physical Fitness and Nutrition award applications are available in categories including schools. Information at [www.wellnessiowa.org/healthyiowaawards2009.php](http://www.wellnessiowa.org/healthyiowaawards2009.php) Applications due August 31, 2009. IDPH Contacts Kala Shipley, RD LD, 515-281-7119, [kshipley@idph.state.ia.us](mailto:kshipley@idph.state.ia.us) and Carol Voss, MEd, RD, LD, 515-242-5566, [cvoss@idph.state.ia.us](mailto:cvoss@idph.state.ia.us)

### **hawk-i**

July 1, the Healthy and Well Kids in Iowa expanded to uninsured children in families with incomes up to 300 percent of the federal poverty level. The new income limit is nearly \$53,000 for a family of three. Families may apply, more information, and check eligibility at [http://www.hawk-i.org/en\\_US/apply.html#](http://www.hawk-i.org/en_US/apply.html#)

### **Interstate Compact on Education for Military Children**

A Council will provide recommendations on Iowa's compliance with the interstate compact on educational opportunity for military children. The compact design is to remove barriers to educational success due moves and deployment of parents (Iowa Code 256G.2).

### **Lead Hazard in Child-occupied Housing**

Requires renovation of lead hazards in child-occupied housing to use a trained and certified lead-safe renovator. IDPH will develop rules.

## Minor Emancipation

A minor, at least 16, may petition the juvenile court for an emancipation order. The order requires stringent elements proven by the minor. The school has the right to obtain a copy of the emancipated order. The rights and consent required by the parent under FERPA and Protection of Pupil Rights Amendment (PPRA) transfer to the emancipated minor. The emancipated minor is subject to school policies and requirements for attendance, gambling, alcohol, and tobacco. In general, treatment of the emancipated minor is as if the student is now 18 years old. More information June SLU, page 3.

## Sex Offender Law

New laws on Iowa's Sex Offender Registry (SOR) generally prevent those on the sex offender registry from being present on school grounds. School summary at <http://www.iowa.gov/educate>

## Iowa Health Care Reform

House File 2539 Health Care Reform requires, panels, councils, and committees coordinated by IDPH with the goal all Iowans have health care coverage. The law contains priorities, advisory council, oversight, information technology system, health care coverage, prevention, chronic care management, family opportunity act, prevention and wellness initiatives, direct care workforce, and more.

## Federal Law Amendments

### The American with Disabilities Act Amendments of 2008 (42 USC Chapter 126 12101 et seq.)

The Americans with Disabilities Act (ADA) Amendments Act of 2008 restores the intent and protections of the ADA of 1990. The definition of disability favors broad coverage of individuals to the maximum extent permitted, generally does not require extensive analysis, and applies to the Rehabilitation Act (504). The US Department of Education, Office of Civil Rights (OCR) guidance for the Amendments Act under Section 504 and Title II of the ADA, including changes and publications are available from the US Department of Education, Office of Civil Rights <http://www.ed.gov/about/offices/list/ocr/504faq.html>

### Individuals with Disabilities Education Act (IDEA)

The United States Department of Education issued new special education regulation revisions, December 2008. One revision allows parents to withdraw their children with disabilities from continued special education and related services. The parental revocation of consent for continued special education and related services must be in writing and on revocation of consent, a public agency provides the parent with prior written notice. [Authority: 20 USC 1414(a)(1)(D) and CFR Sections 300.9 and 300(b)(4)]

## Iowa Public Health Modernization

The Iowa Initiative, 'Modernizing Public Health' is a partnership between local and state public health to advance the quality and performance of public health in Iowa. Through the 'Modernizing Public Health', the partnership is defining basic standards of service delivery to all Iowans. More information at <http://www.idph.state.ia.us/mphi/factsheets.asp>

## School Nurse Data 2007-2008

The Certified Annual Report (CAR) and Basic Educational Data System (BEDS) reports for 2007-2008 public school indicate 364 public school districts, 485,797 students, 487.33 RN school nurses, ratio of nurses to students 1:997, 68% districts hired a school nurse, and 35% districts with an RN to student ratio of 1:750 or less (126 districts). The data collection system is in revision to correspond with the 2007 law requiring a district to hire a school nurse (temporary waivers available).

## Resources

**Allergy Management at School.** The USDA and the School Nutrition Foundation (SNF) presented three webinars on *Managing Food Allergies in Schools* including understanding the fundamentals, developing policy, and implementing policy. Presentation slides and materials are available at <http://www.schoolnutrition.org/Content.aspx?id=12090>  
Food Allergy Food Allergy Action Plan, in eight languages, at <http://www.foodallergy.org/downloads.html> under downloads.

The United States Department of Agriculture Food and Nutrition Service publication, *Accommodating Children with Special Dietary Needs in the School Nutrition Programs* at [http://www.fns.usda.gov/cnd/Guidance/special\\_dietary\\_needs.pdf](http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf)

USDA regulations require food substitutions or modifications in school meals when a child with a disability has the need supported by a statement by a licensed physician. The physician's statement must identify child's disability; explanation of why the disability restricts the child's diet; major life activity affected by the disability; food or foods to be omitted from the child's diet; and food or choice of foods that must be substituted, page 5. Form to complete to qualify for the substitution, pages 34-35. Food substitution for intolerances or allergies (not life threatening) are considered on an individual basis and are not required, page 6.

**Dental Website.** A new website is available for more information on the I-Smile Dental Home Initiative and children's oral health at [www.ismiledentalhome.org](http://www.ismiledentalhome.org) and toll-free line 1-866-SMILE-15.

**American Diabetes Association (ADA).** A new ADA resource is *Everyday Wisdom* kit for families of kids recently diagnosed with diabetes. School Nurses may request a kit by dialing 1-800-DIABETES (1-800-342-2383) or visit <http://www.diabetes.org/for-parents-and-kids/wizdom-kit-disclaimer.jsp>

**Healthy Kids-Physical Activity, CPR, and Nutrition.** Information at [http://www.iowa.gov/educate/index.php?option=com\\_content&view=article&id=1769&catid=838&Itemid=2545](http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545)

**Lead Reporting for Schools.** Iowa law [641 IAC 67.7(135) Proof of blood lead testing] requires schools to provide the IDPH with a list of enrolled kindergarteners within 60 days after the start of school. IDPH compares the list with their database and contacts the school when there are no lead test results. The spreadsheet to submit the list is available at [http://www.idph.state.ia.us/eh/lead\\_poisoning\\_prevention.asp#testing](http://www.idph.state.ia.us/eh/lead_poisoning_prevention.asp#testing)

**Medication Management in Iowa Schools.** The medication website will begin a transition the end of September. If unlicensed health school employees will be administering medication please consider course completing the course soon because it is anticipated the course will not be available for a period during the transition. Access the website containing the medication administration course at <http://www.iowaschoolmeds.com>

**School Leader Update.** Monthly publication containing information and resources for school leaders.  
<http://www.iowa.gov/educate/>

**Student Search & Seizure Law.** In Iowa, it is unlawful to conduct a random, suspicionless search of any student or group of students. There are significant restrictions on the search of a student by a school employee. Under NO circumstances, can the school:

- Strip search a student by a school official
- Search a student body cavity by a school official
- Use drug sniffing dog or other animal to search a student's body
- Search a student by a school official of a different gender from the student

Information at [http://www.iowa.gov/educate/index.php?option=com\\_content&view=article&id=1161%3Astudent-searches&catid=411%3Alegal-lessons&Itemid=1](http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1161%3Astudent-searches&catid=411%3Alegal-lessons&Itemid=1)

**Websites.** Department of Education (DE) <http://www.iowa.gov/educate>.

School Nurse legal references, overview, and references at

[http://www.iowa.gov/educate/index.php?option=com\\_content&task=view&id=1729&Itemid=2524](http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=1729&Itemid=2524)

Department of Public Health (IDPH) <http://www.idph.state.ia.us>

## Calendar

September 28, Airport Holiday Inn, Des Moines, Alternative Education, Risky Business XXII Conference, [www.iaae.net/site/](http://www.iaae.net/site/)  
September 29-30, Dubuque, Keystone AEA, HIV (STD & Pregnancy) Prevention Teacher Training, 515-281-4804,

[sara.peterson@iowa.gov](mailto:sara.peterson@iowa.gov)

October 8, 12:30-1:30 CT, telephone or online, Helping Teachers and Educators Support Siblings of Children with Cancer,  
[www.cancercare.org/connect](http://www.cancercare.org/connect)

October 13-16, Des Moines, World Food Prize, [www.worldfoodprize.org](http://www.worldfoodprize.org)

October 14-15, Sioux Center, HIV (STD & Pregnancy) Prevention Teacher Training, 515-281-4804, [sara.peterson@iowa.gov](mailto:sara.peterson@iowa.gov)

October 15-16, West Des Moines, University of Iowa School Nurse Conference

October 30, Iowa Methodist Medical Center, Des Moines, Diabetes 2009, contact 515-276-2237, ext 6862

November 18-19, Ottumwa, HIV (STD & Pregnancy) Prevention Teacher Training, 515-281-4804, [sara.peterson@iowa.gov](mailto:sara.peterson@iowa.gov)

## School Nurse Mailing List

Please review comments you are posting on the School Nurse mailing list. Do NOT post personally identifiable information or information you do NOT want in your local newspaper. The information is public information. A court case provides an example of unintended consequence because of information posted on MySpace. See MySpace© Misdeeds, SCHOOL LEADER UPDATE, July 2009, Page 7.

## Iowa School Nurse Mailing List

The Iowa School Nurse (iowasn) Mailing List is a communication tool for Iowa School Nurses. The Mailing List is the Department of Education link with school nurses allowing the Department and Nurses to communicate via email messages. Iowa School Nurses can use the mailing list to request information, share news and initiatives, and receive news. School nurses joining the iowasn mailing list will add their email address to the online school nurse mailing list and can send messages to all members at any time. Posted messages automatically go to everyone on the list, over 500 school nurses.

To join the mailing list, send a blank email to:

[Join-iowasn@lists.ed.iowa.gov](mailto:Join-iowasn@lists.ed.iowa.gov)

To cancel the mailing list, send a blank email to:

[leave-iowasn@lists.ed.iowa.gov](mailto:leave-iowasn@lists.ed.iowa.gov)

To send a message to other school nurses on the list, type title in subject, message in the body, and send to:

[iowasn@lists.ed.iowa.gov](mailto:iowasn@lists.ed.iowa.gov)

No other commands are necessary and joining is free.

**Note: When sending a message please include your school, address, phone number, and a resource you found for your question/comment. List members request the person who asks a question summarize responses then post the summary on the list.**

Please contact Charlotte Burt, Consultant with questions and comments, email, [charlotte.burt@iowa.gov](mailto:charlotte.burt@iowa.gov) and phone, 515 281 5327.